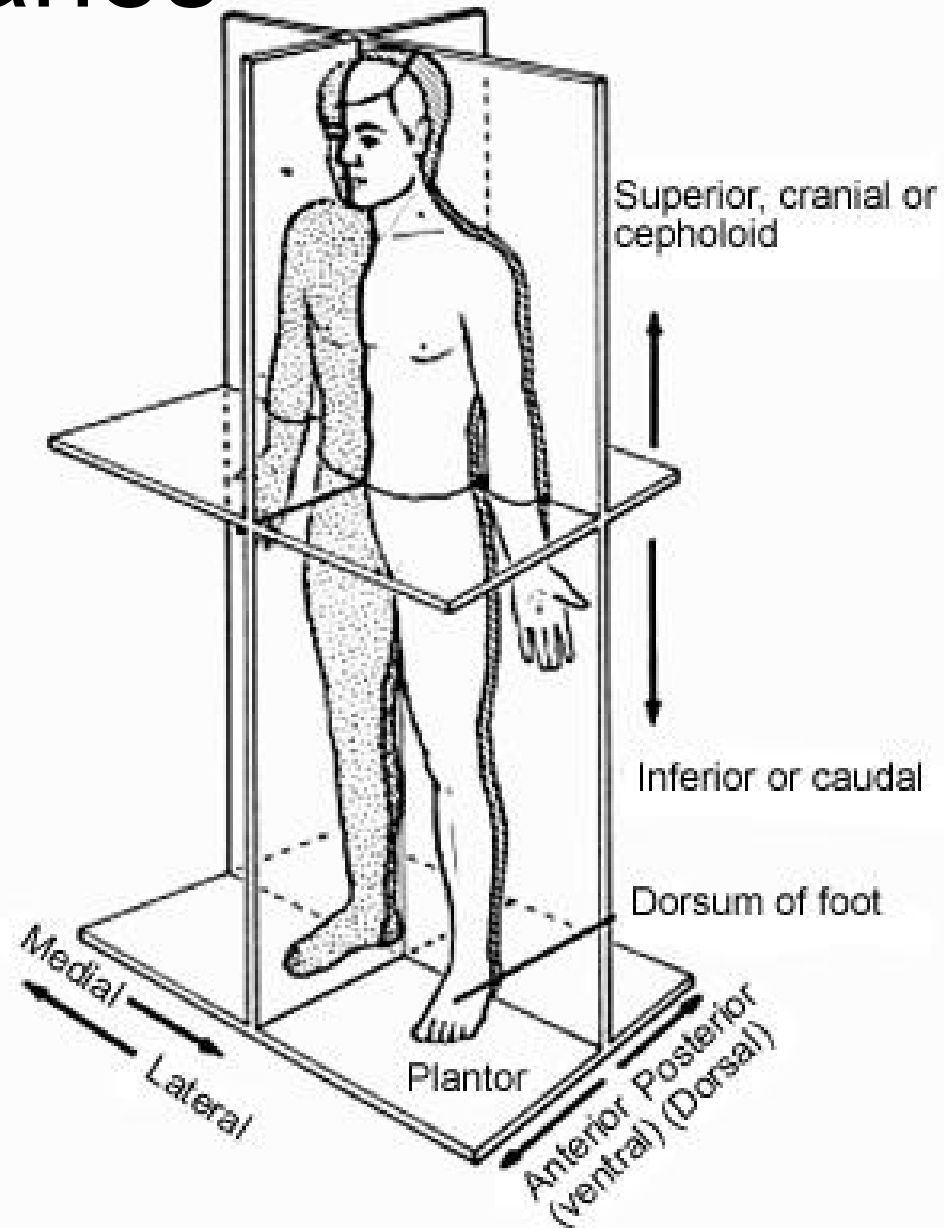
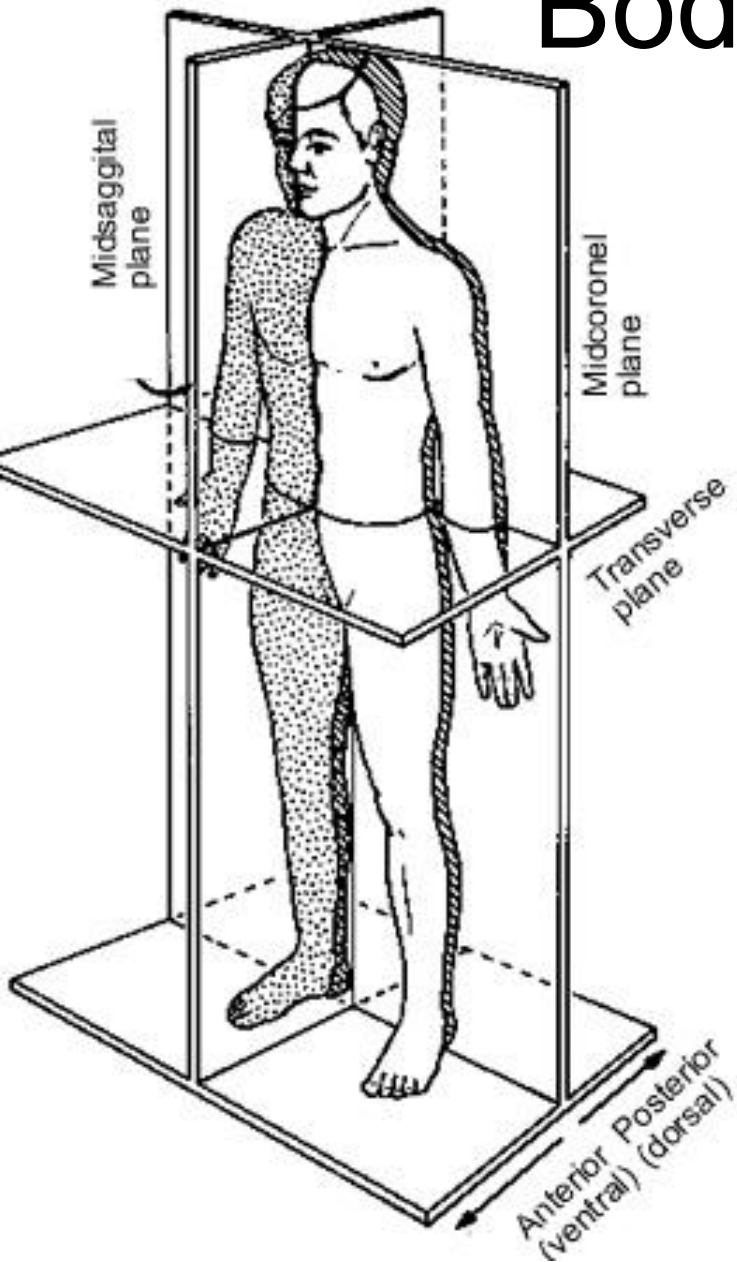
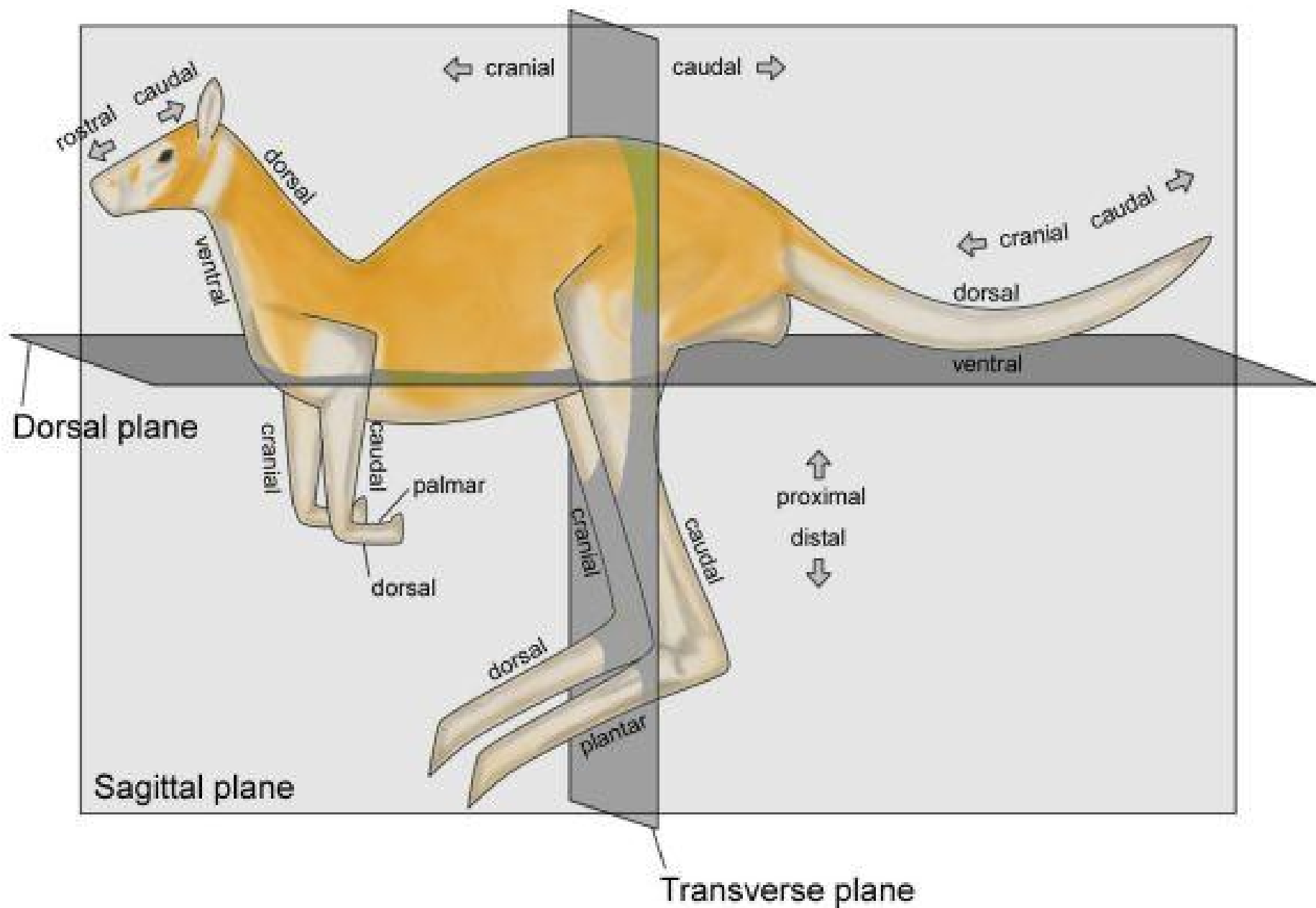


# Anatomical Planes and Positions

# Body Planes





**Anterior (Ventral) view**

**superior**

**inferior**

**Proximal**

**Distal**

**Lateral**

**Medial**

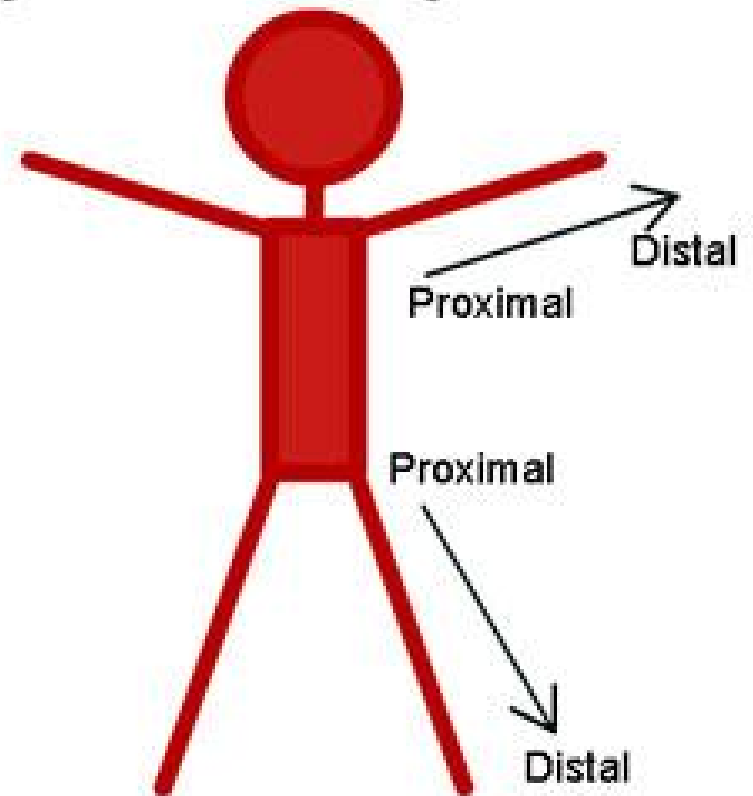
**Posterior**

**Anterior**

*camelsinc*

# Anatomical Directions

Figure F-4: Meaning of Proximal



Proximal muscles are closer to the center of the body.

# Directional Terms

Directional terms describe the positions of structures relative to other structures or locations in the body.

## **Superior or cranial**

toward the head end of the body; upper (example, the hand is part of the superior extremity).

## **Inferior or caudal**

away from the head; lower (example, the foot is part of the inferior extremity).

## **Anterior or ventral**

front (example, the kneecap is located on the anterior side of the leg).

## **Posterior or dorsal**

back (example, the shoulder blades are located on the posterior side of the body).

## **Medial**

toward the midline of the body (example, the middle toe is located at the medial side of the foot).

## **Lateral**

away from the midline of the body (example, the little toe is located at the lateral side of the foot).

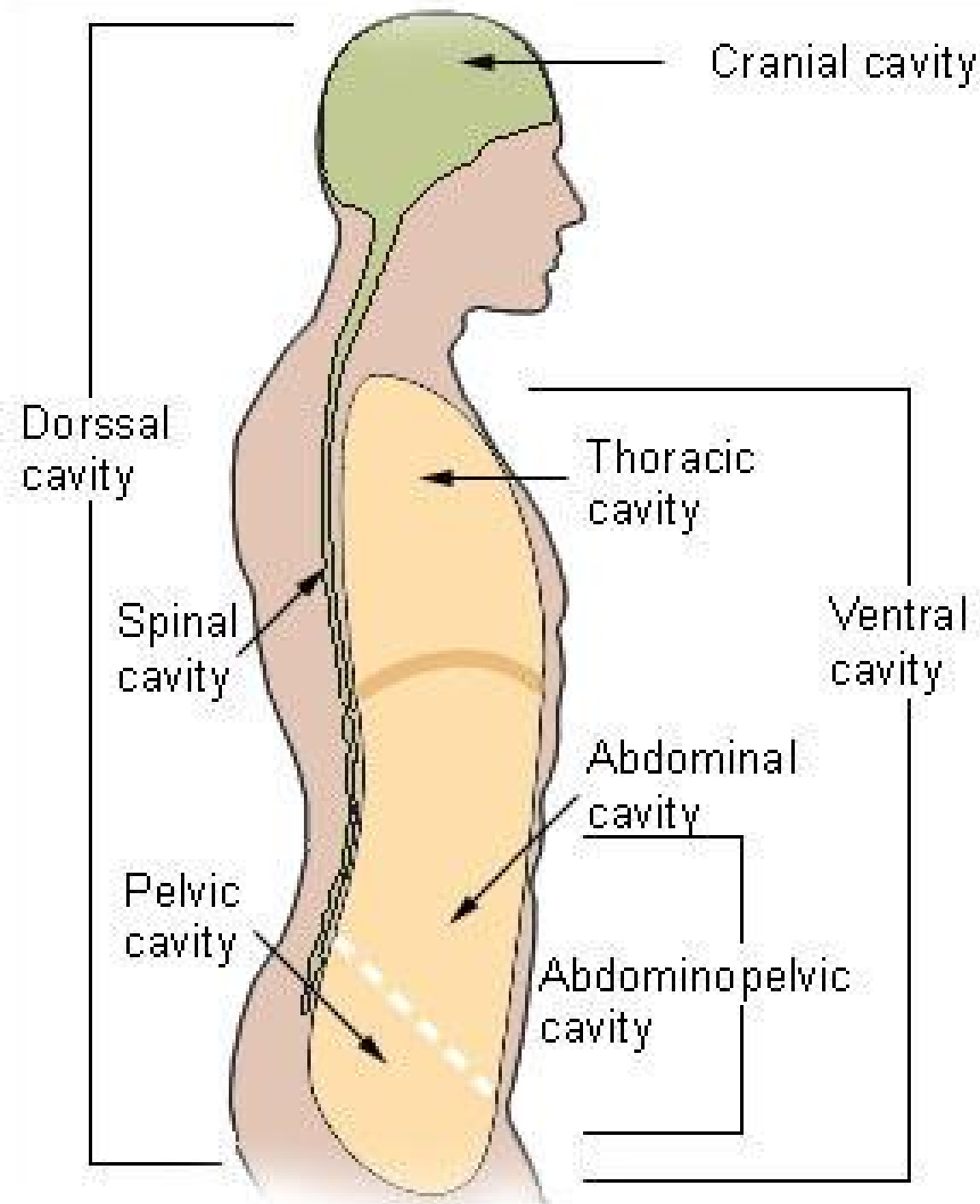
## **Proximal**

toward or nearest the trunk or the point of origin of a part (example, the proximal end of the femur joins with the pelvic bone).

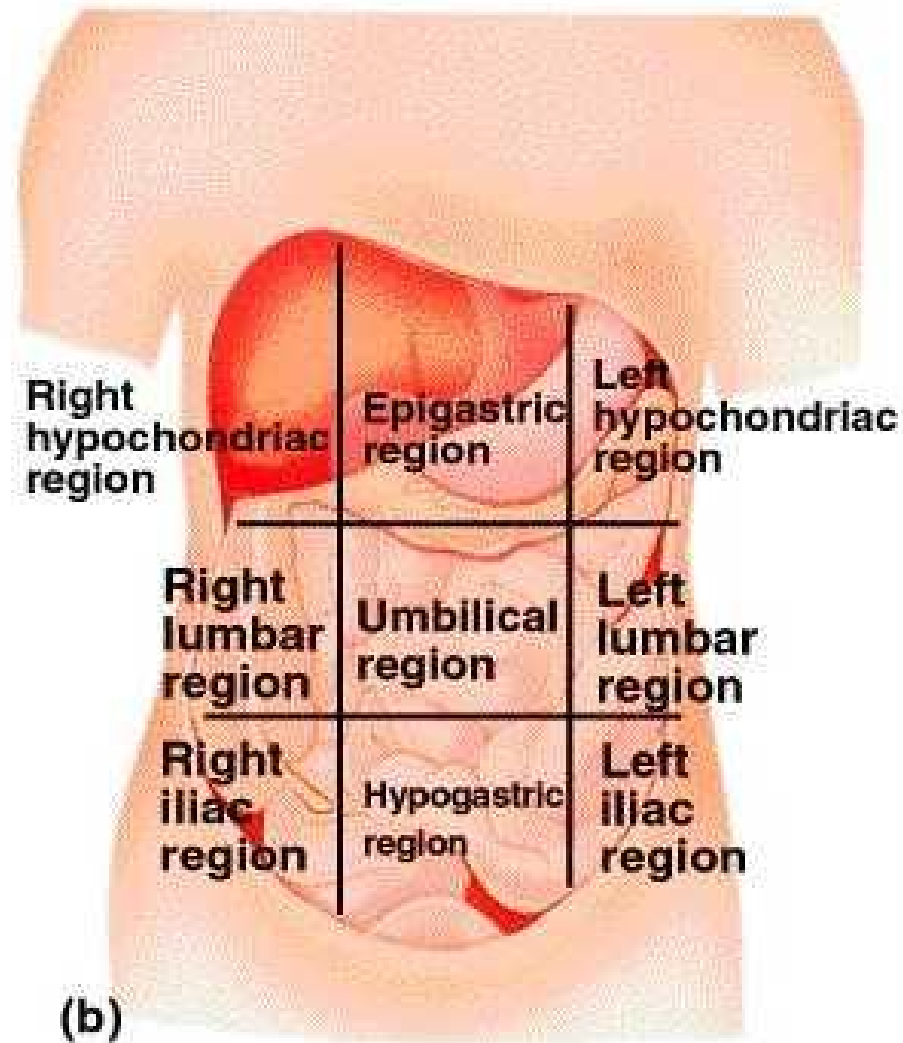
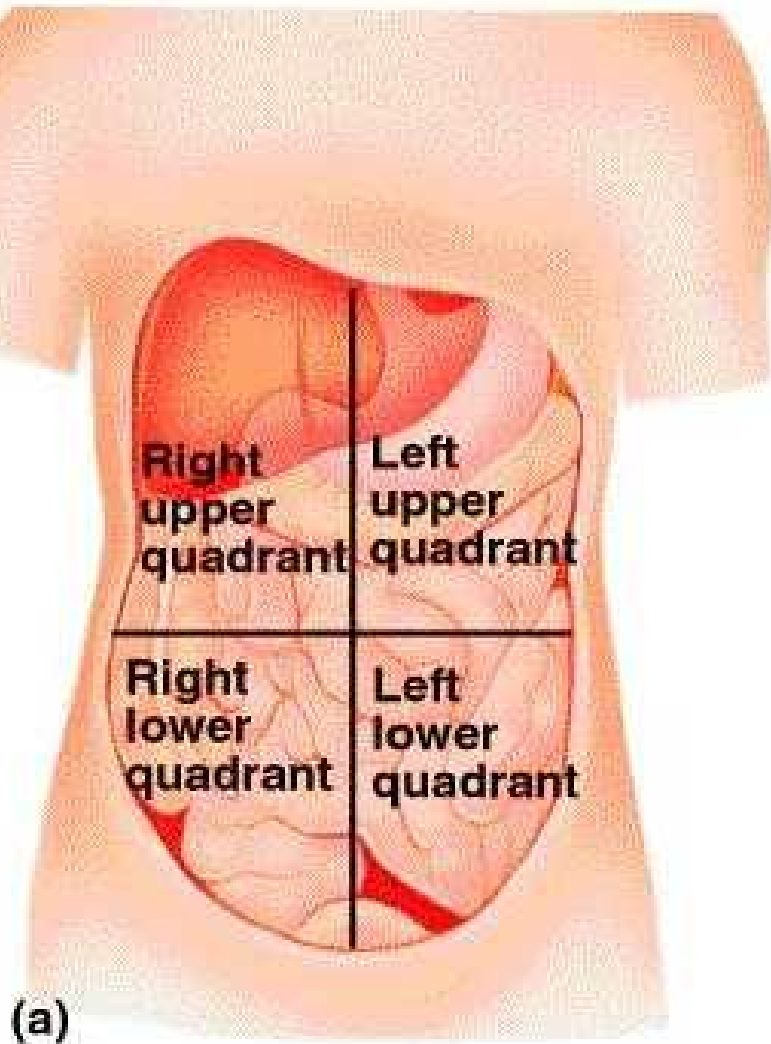
## **Distal**

away from or farthest from the trunk or the point or origin of a part (example, the hand is located at the distal end of the forearm).

# Body Cavities

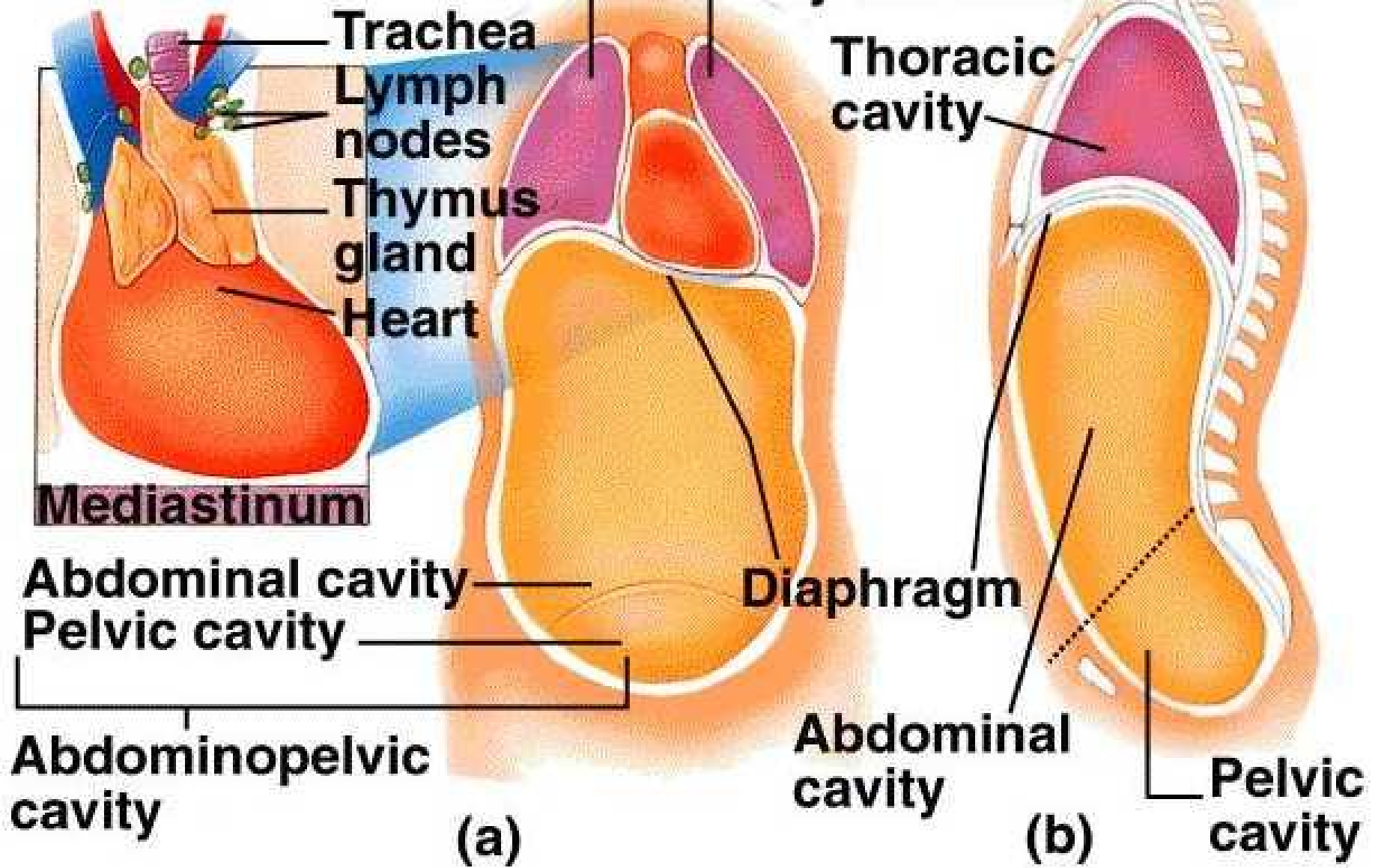


# Subdivisions of the Abdomen

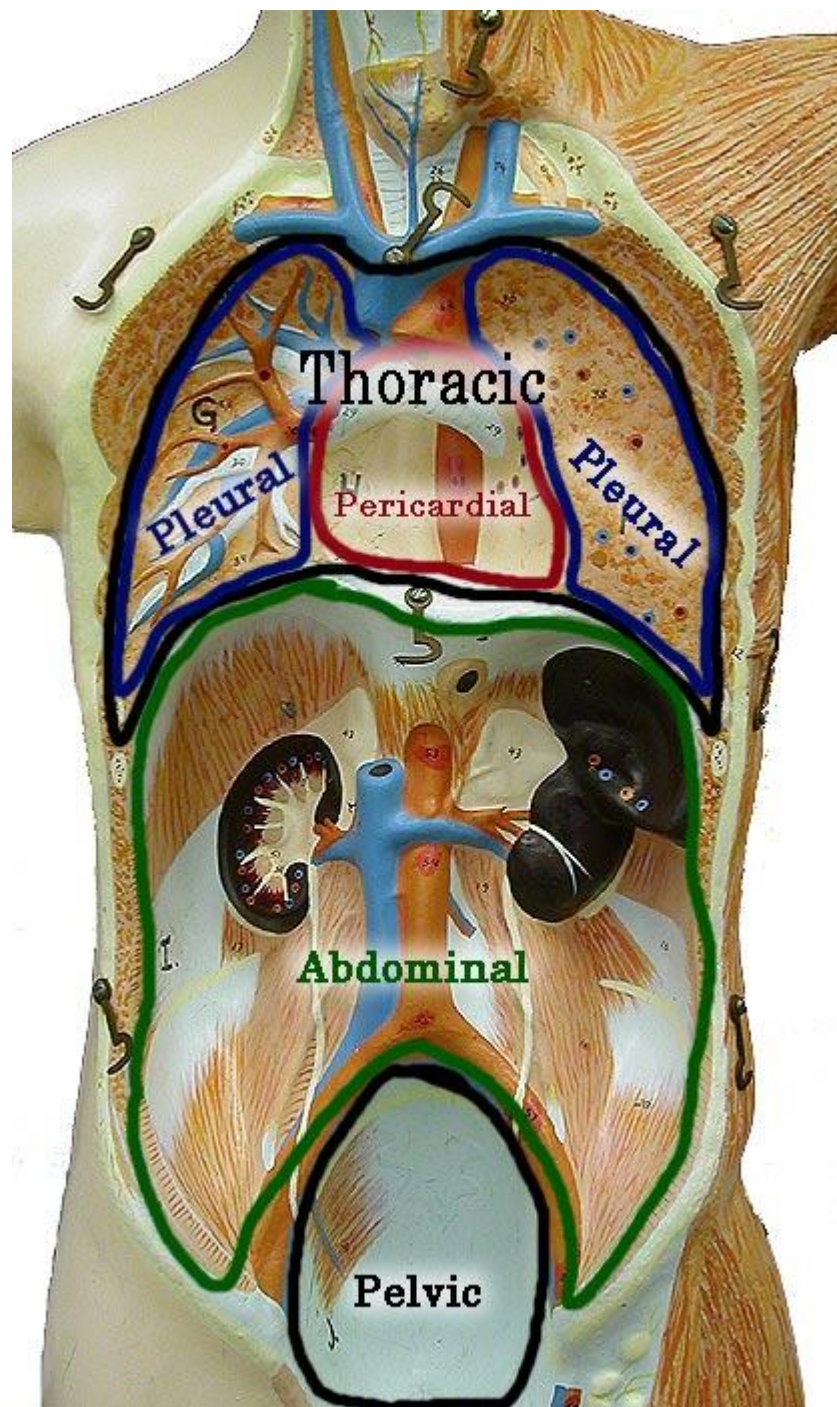


# Trunk Cavities

Thoracic cavity divided by the mediastinum

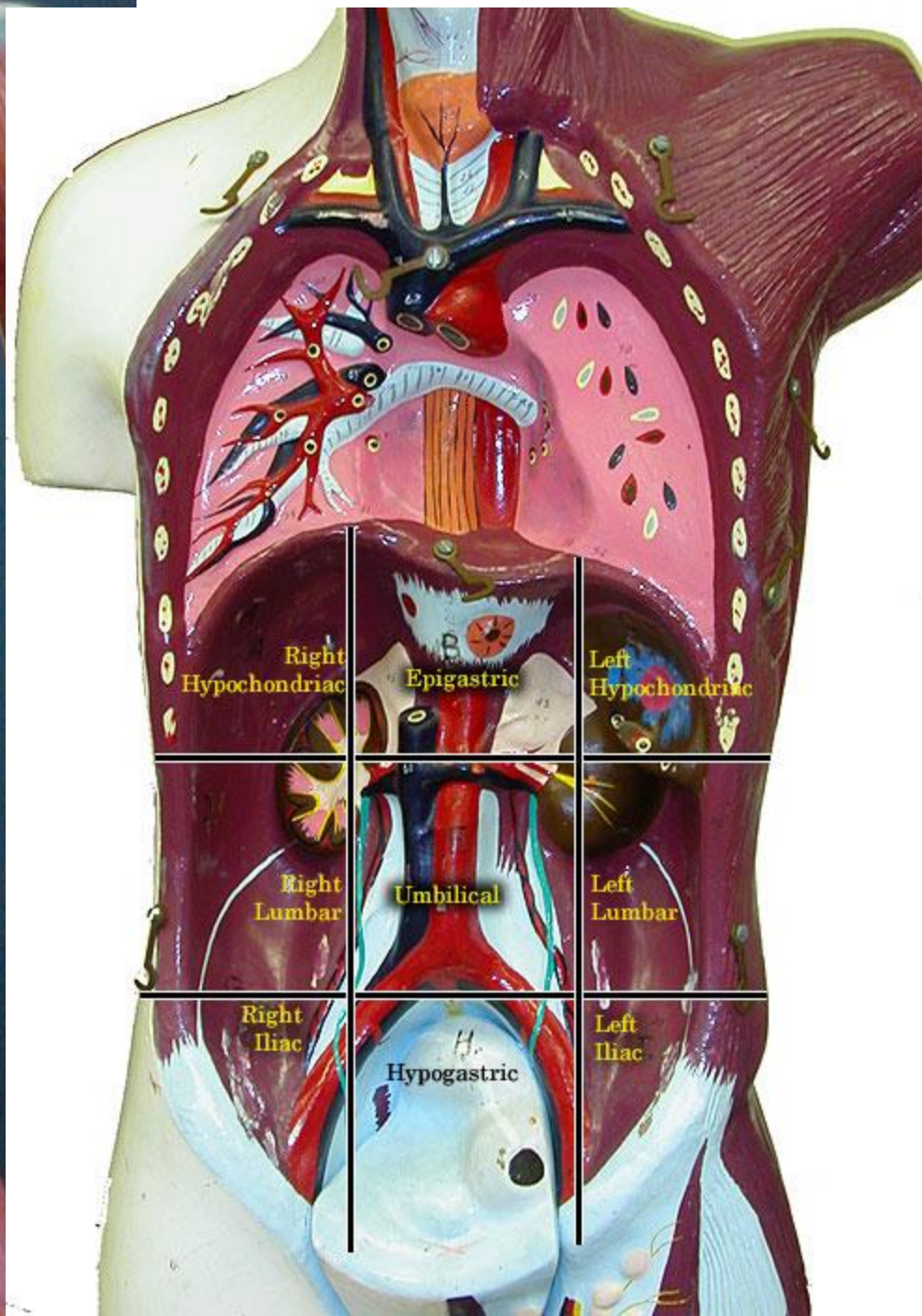








# Ventral Cavities

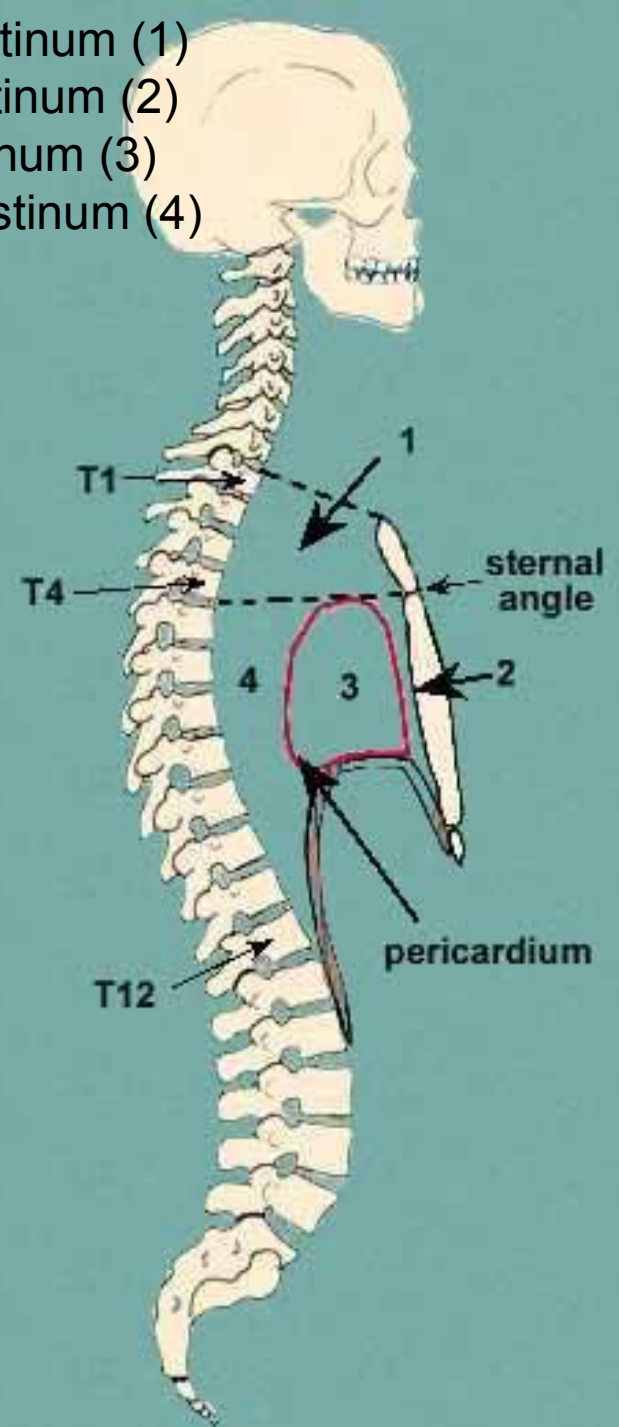


# Mediastinum

subdivided into

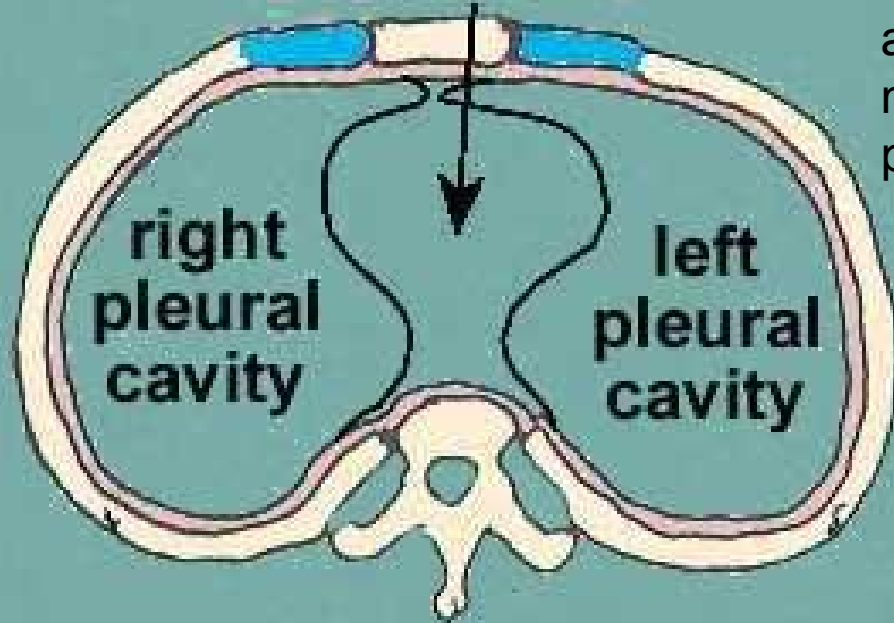
- superior
- inferior
  - Anterior-
    - anterior boundary is the back of the sternum.
    - Its posterior boundary is the pericardium of the heart.
  - Middle- paricardial cavity
  - Posterior-
    - anterior boundary is the posterior pericardial wall.
    - The posterior boundary is the anterior surfaces of the bodies of thoracic vertebrae T5-T12.

superior mediastinum (1)  
anterior mediastinum (2)  
medial mediastinum (3)  
posterior mediastinum (4)

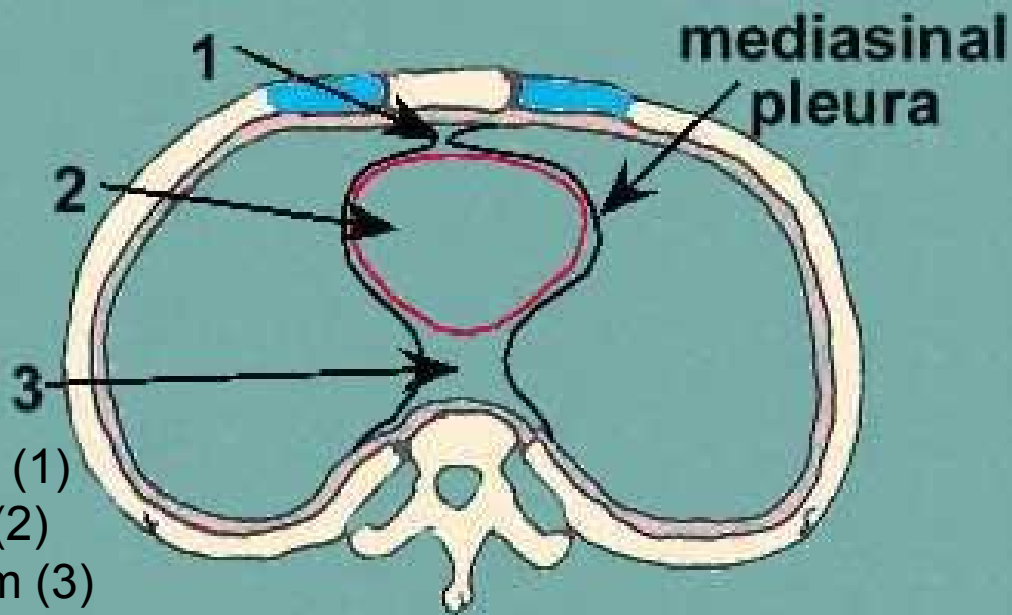




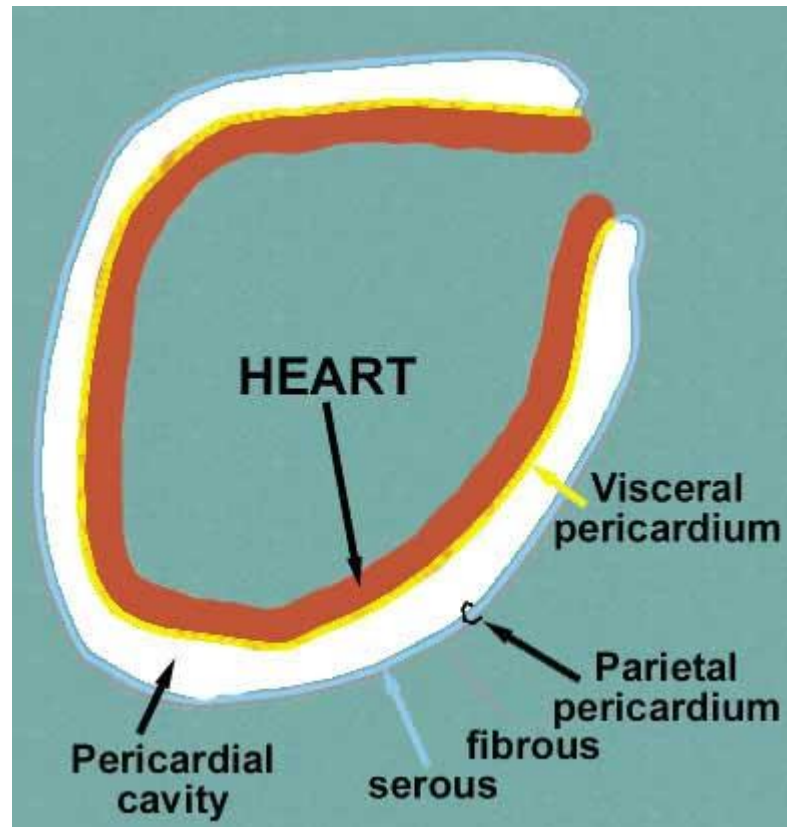
# mediastinum

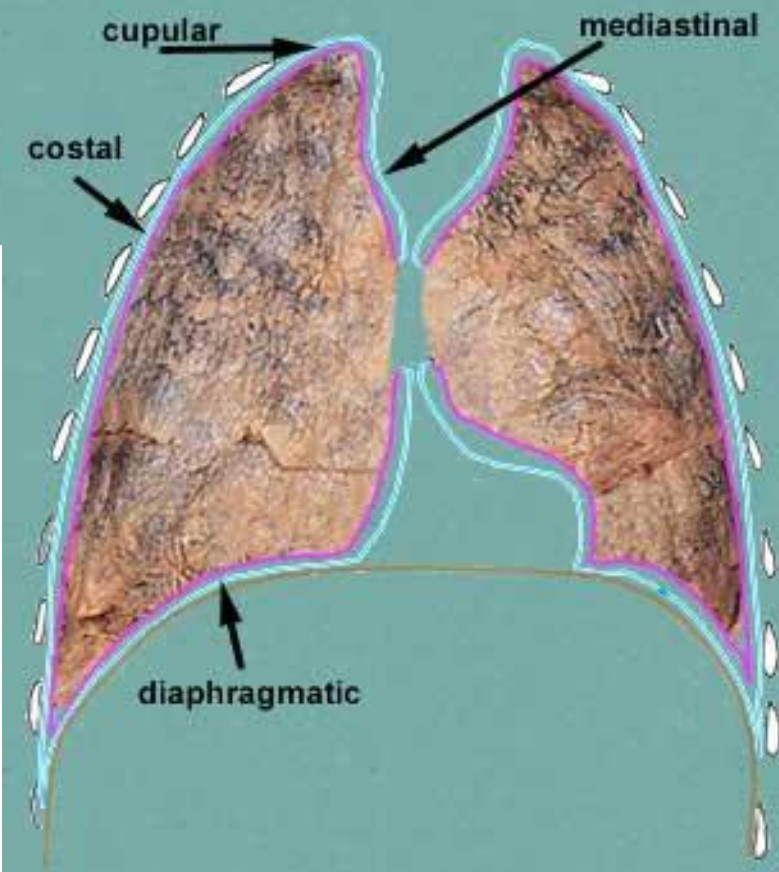
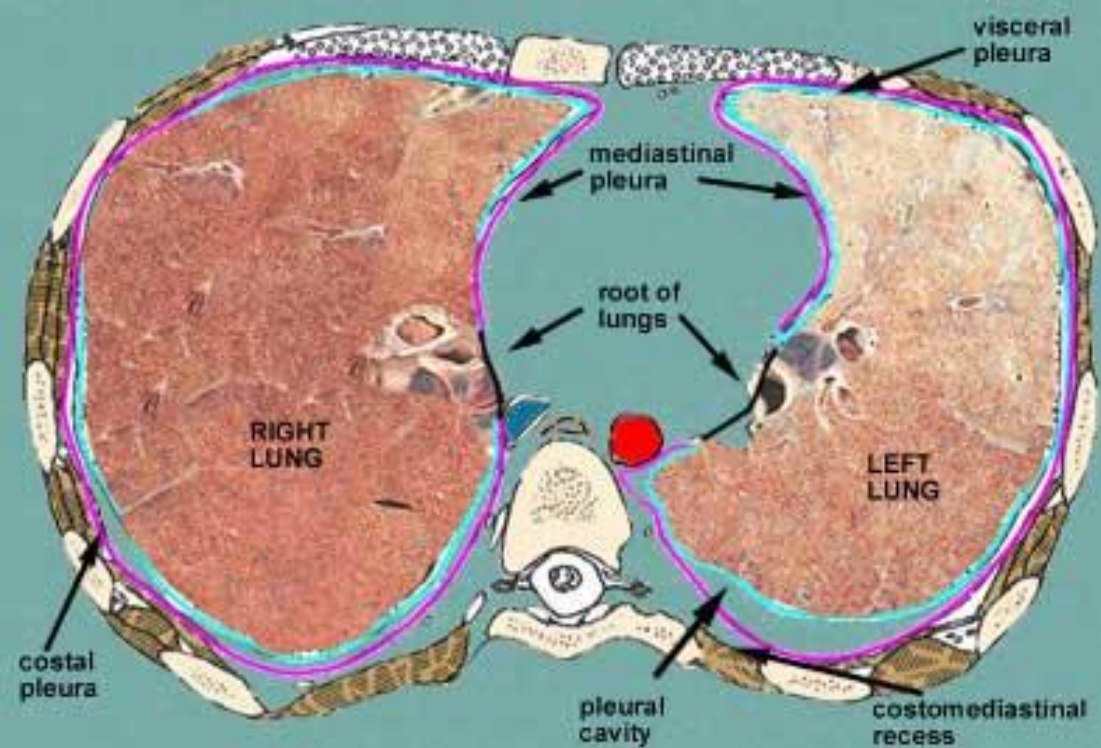


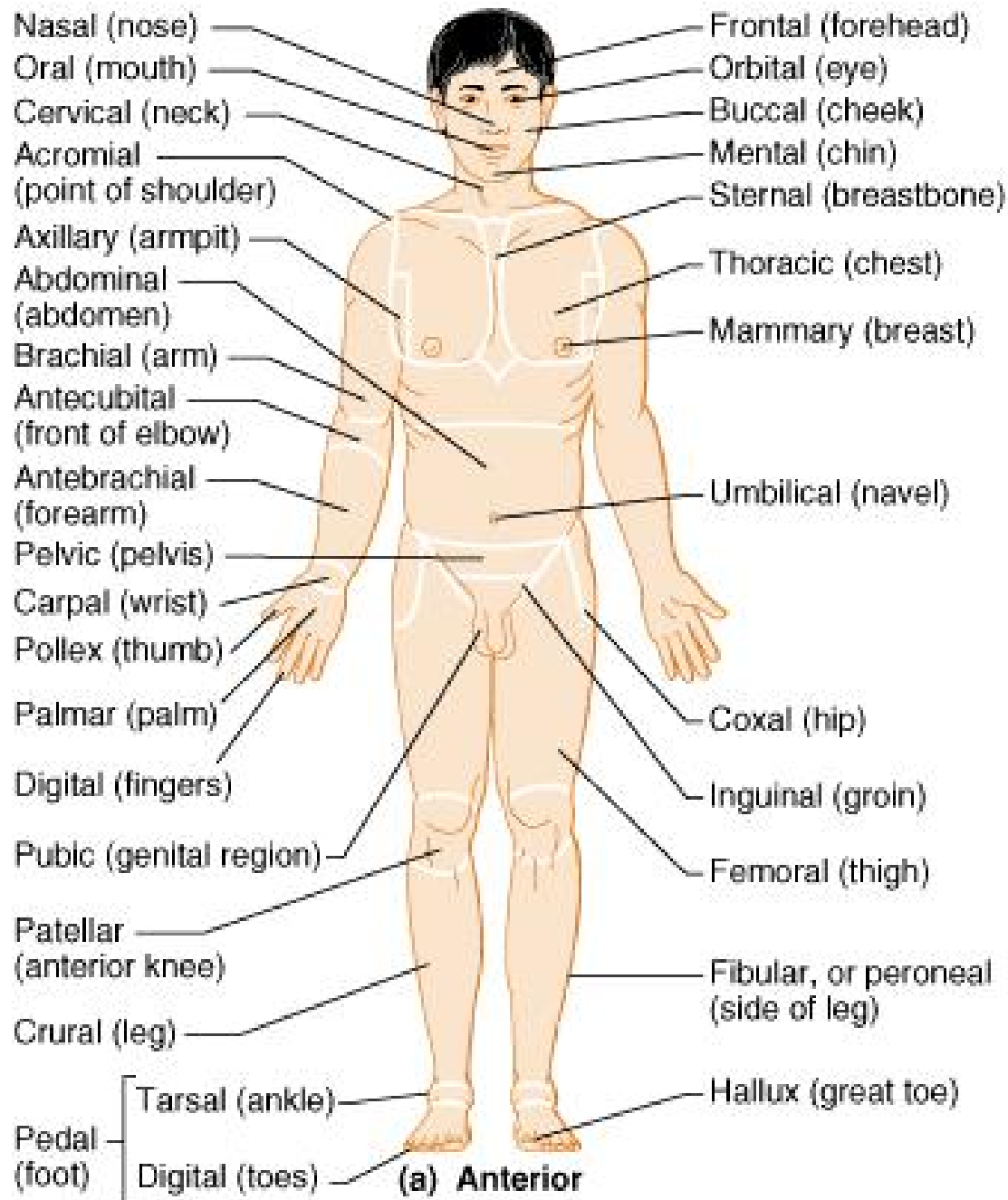
- superior mediastinum (1)
- anterior mediastinum (2)
- medial mediastinum (3)
- posterior mediastinum (4)

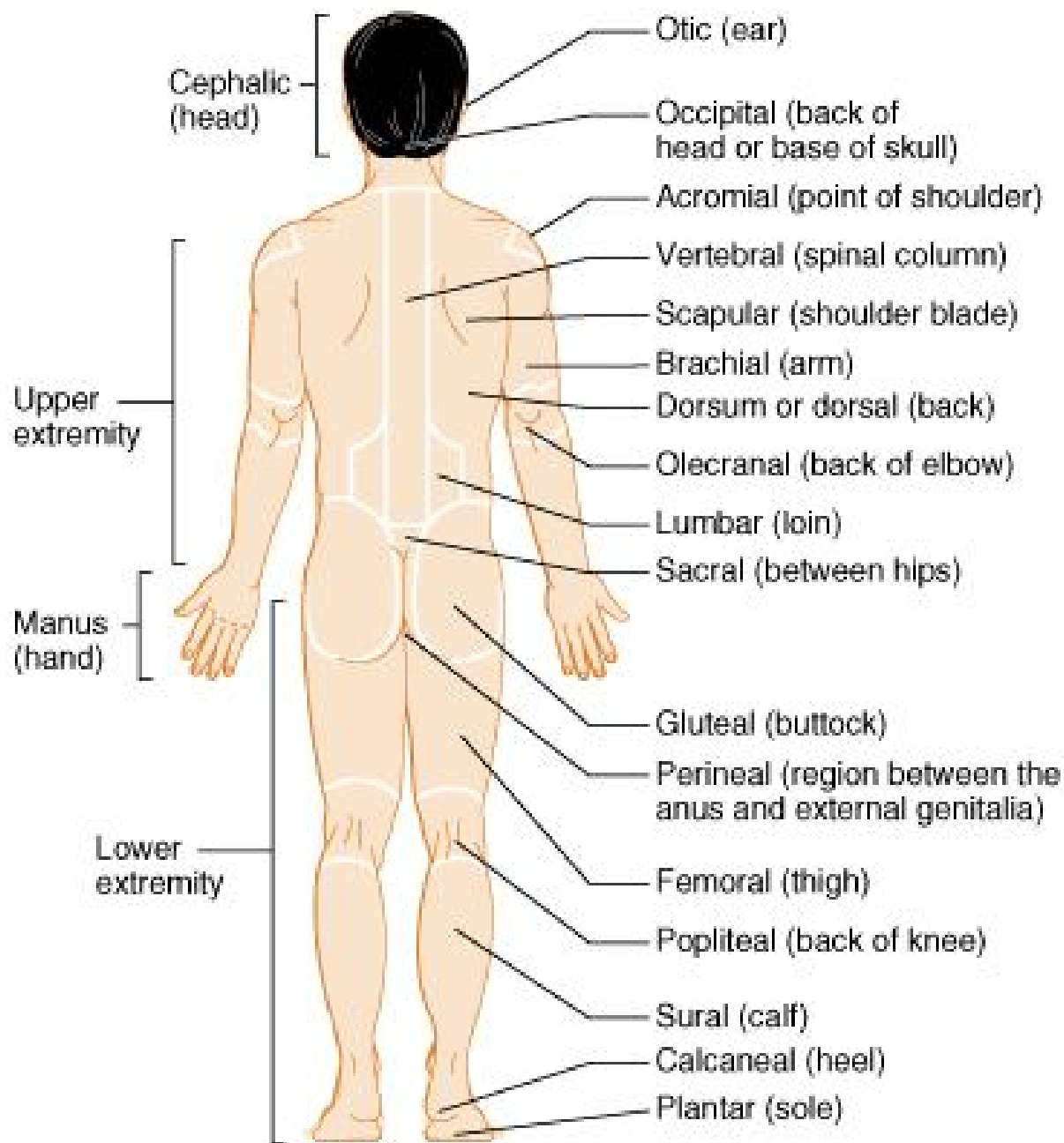


- anterior mediastinum (1)
- middle mediastinum (2)
- posterior mediastinum (3)





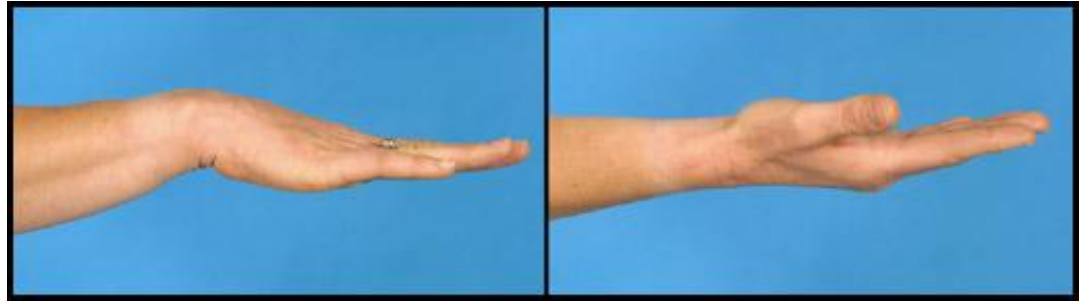
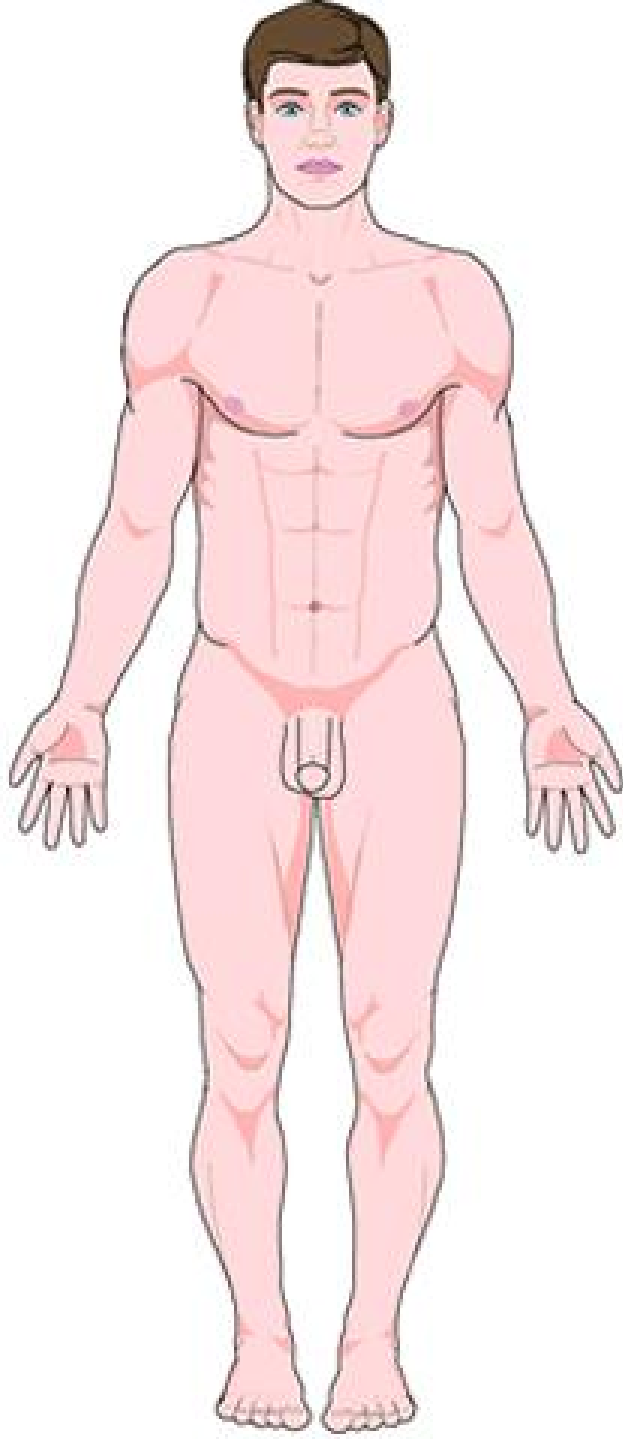




**(b) Posterior**

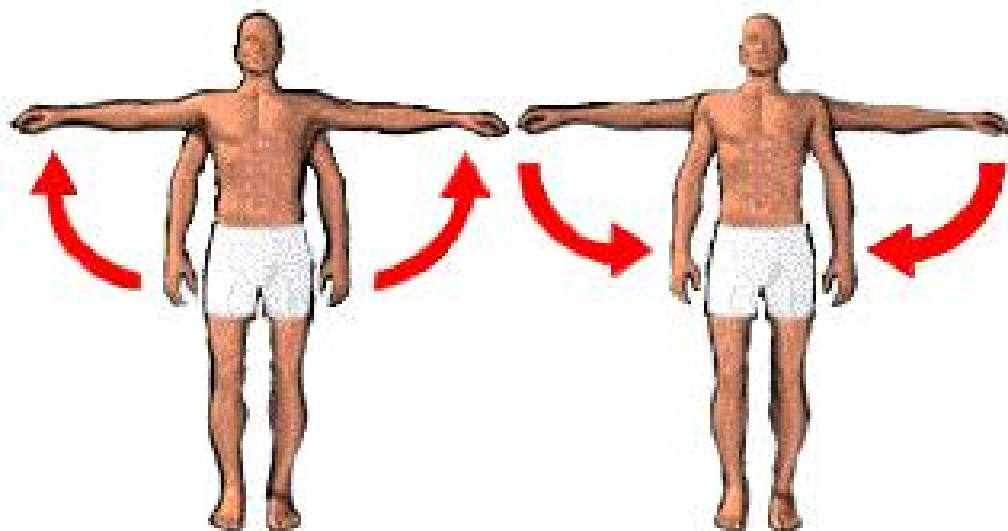


# Anatomical Position



**Pronation**

**Supination**



**Abduction**

**Adduction**



**Flexion**



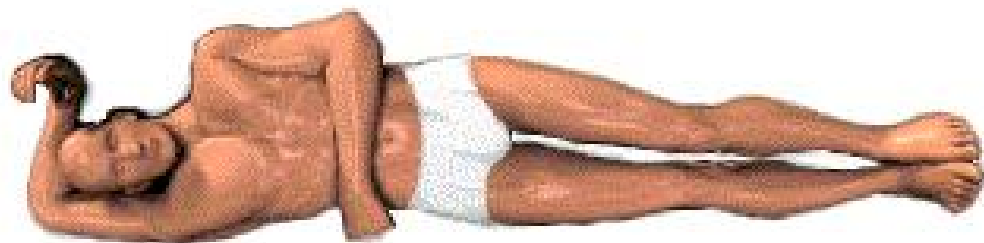
**Extension**



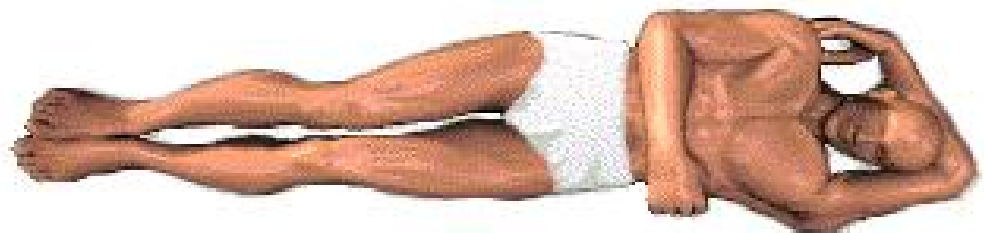
**Supine**



**Prone**

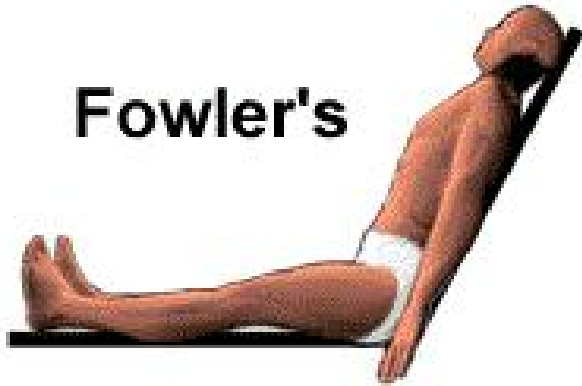


**Right Lateral Recumbent**

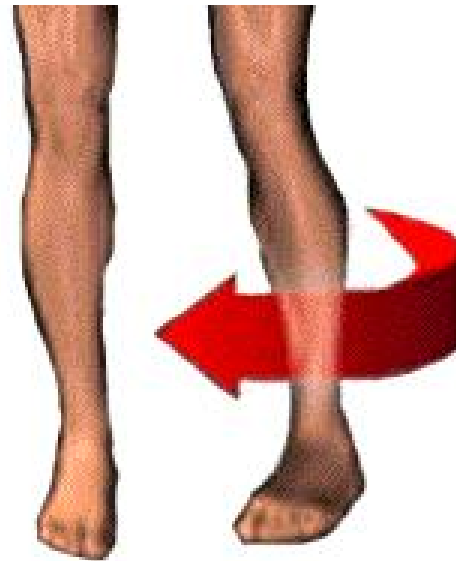


**Left Lateral Recumbent**

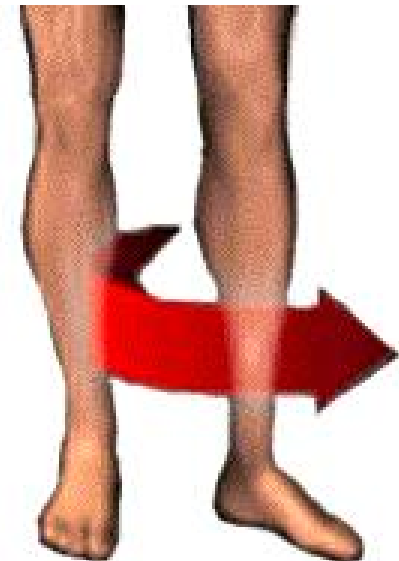
**Fowler's**



**Trendelenberg**



**Medial Rotation**



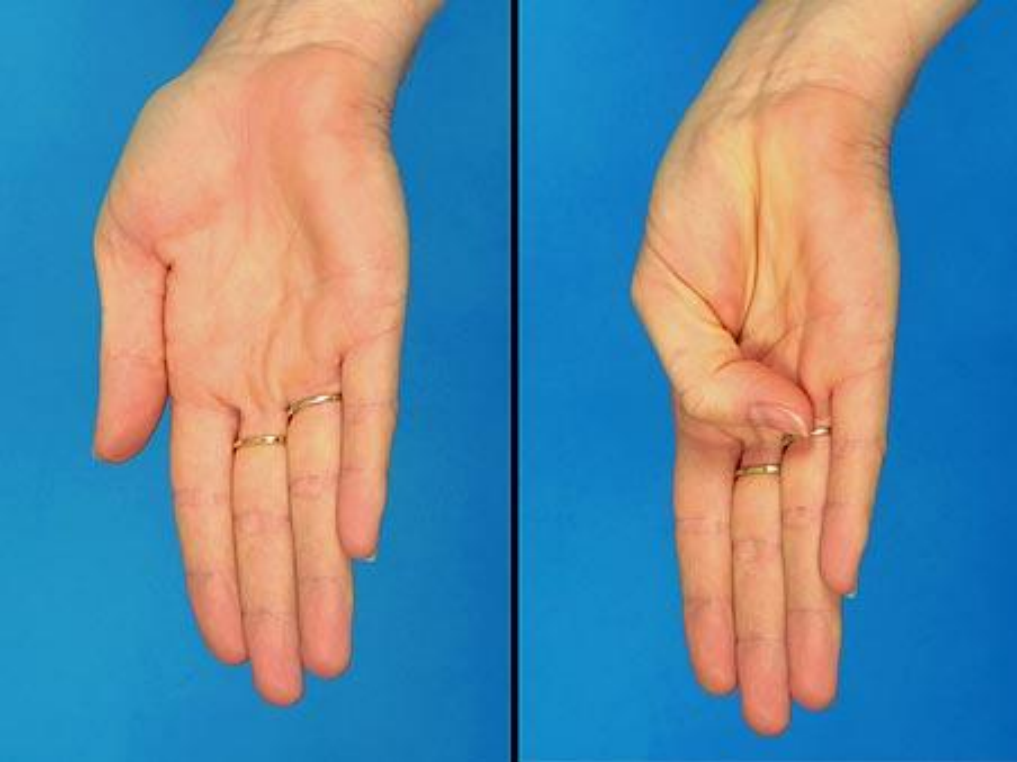
**Lateral Rotation**



**Adduction**

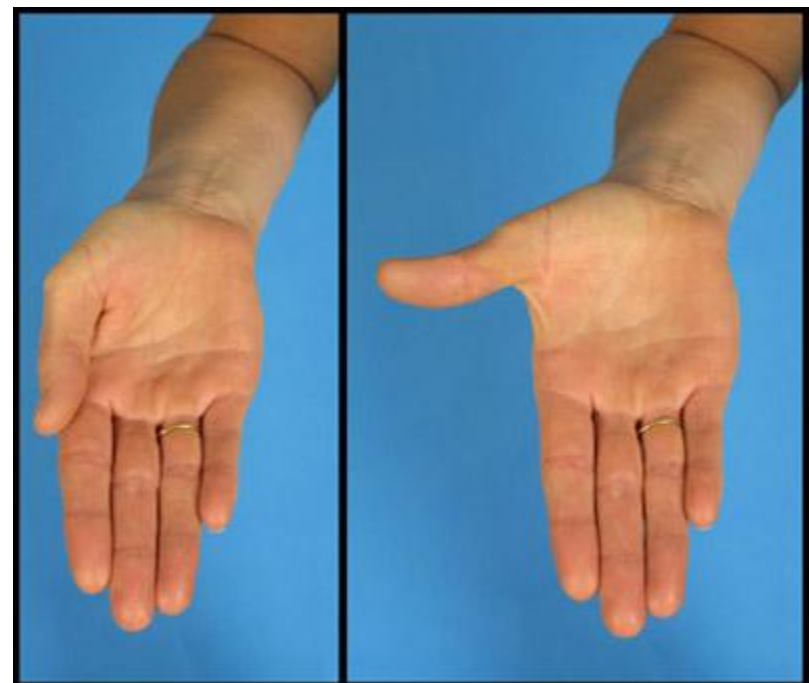


**Abduction**



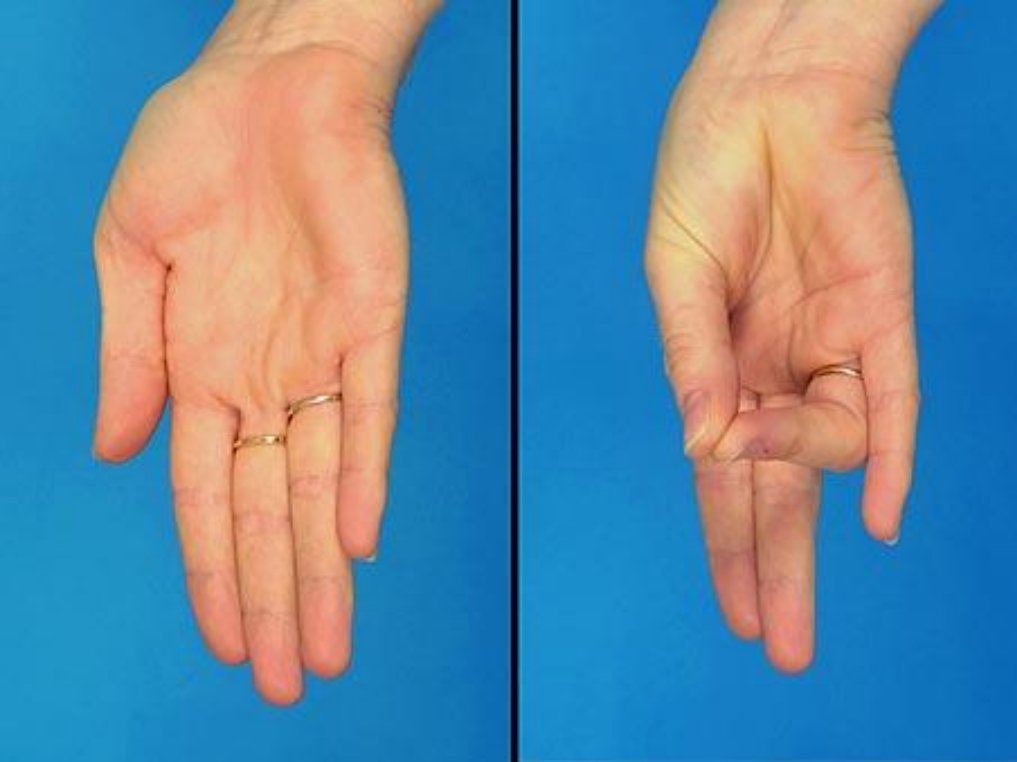
**Neutral (adduction)**

**Flexion**



**Neutral**

**Extension**

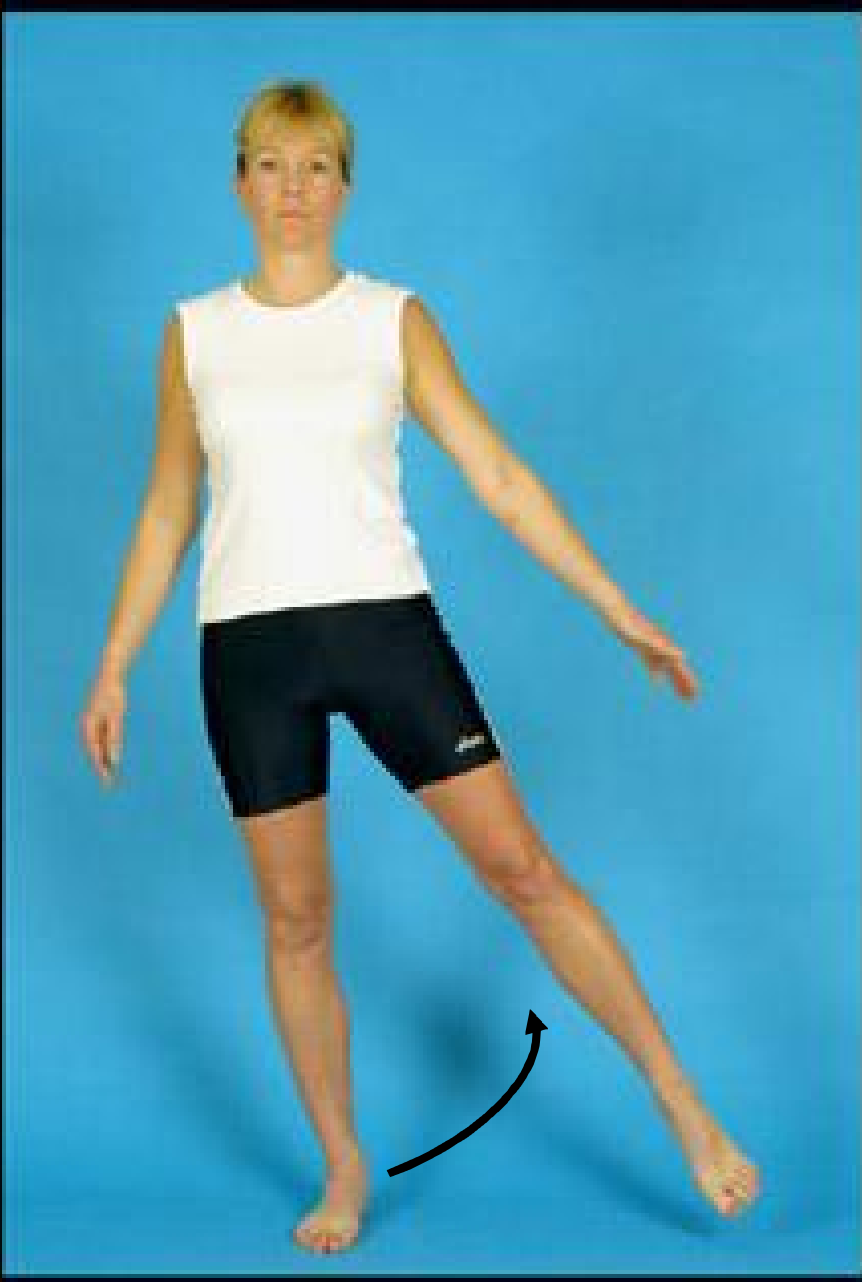


**Neutral**

**Opposition**

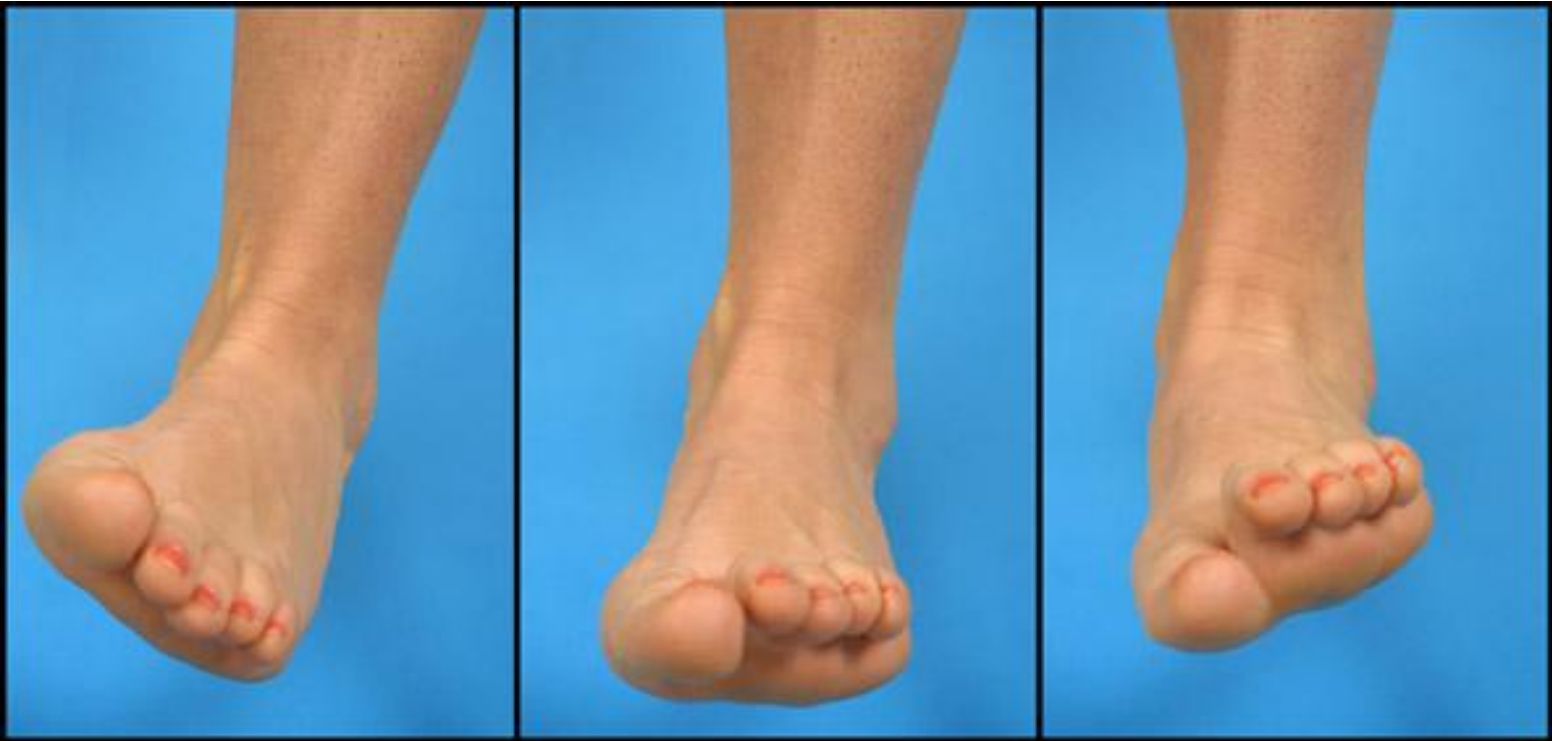


**Adduction**



**Abduction**





Medial

Lateral

**Inversion**



**Neutral**



**Eversion**

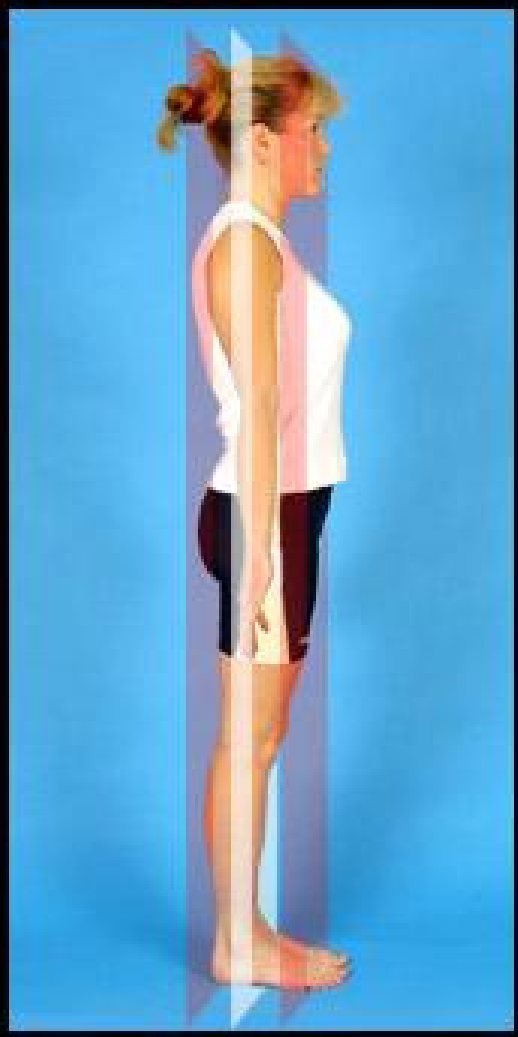


**Axial (Transverse)  
sections**

**Superior**



**Inferior**



**Coronal Plane**

**Median Plane (Saggital )**





**Anterior**

**Posterior**



**Hip flexion**



**Extension**

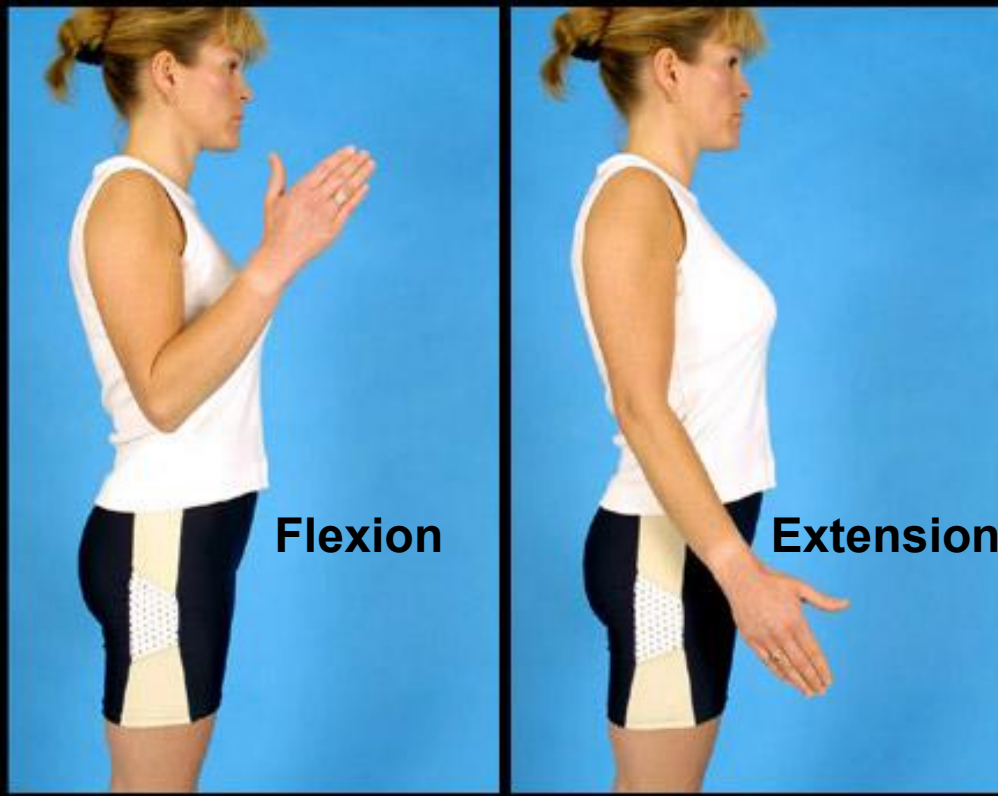
**Hip**

**Shoulder**

**Flexion**

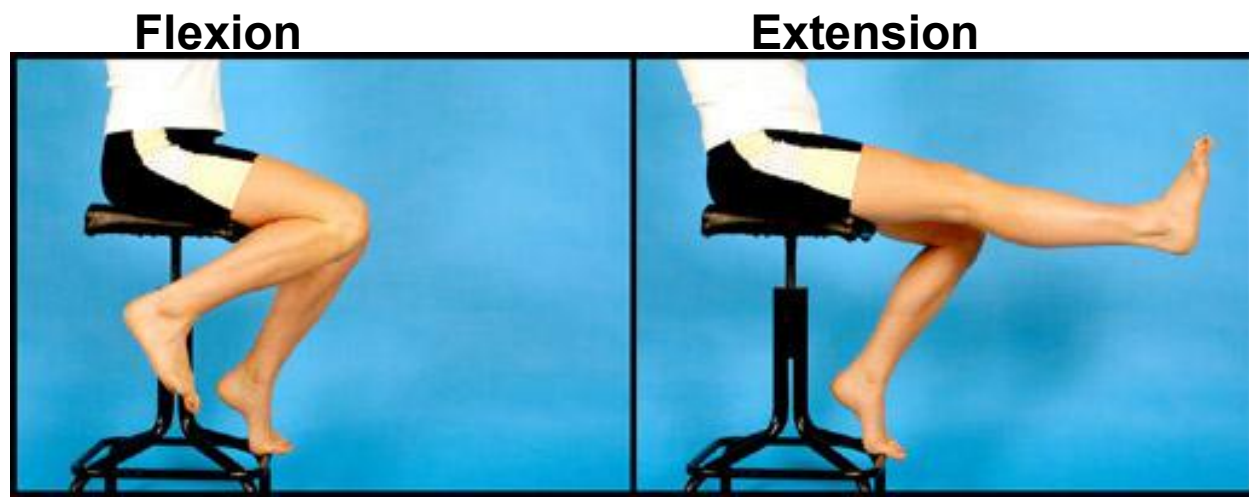
**Extension**

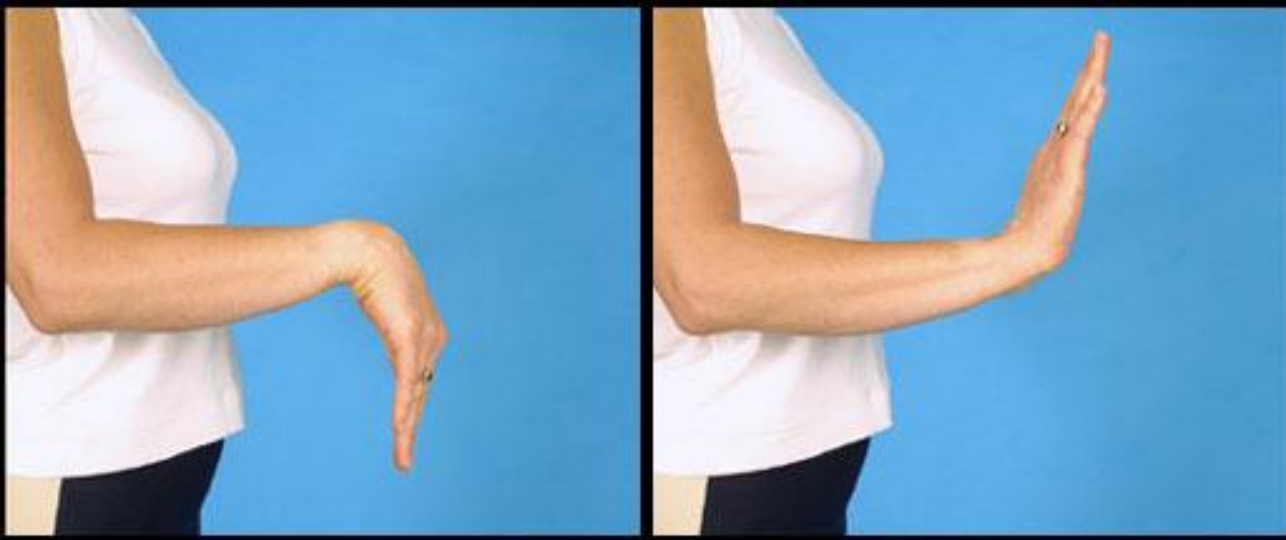




**Elbow**

**Knee**





**Wrist**

**Flexion**

**Extension**

**Dorsiflexion**



**Neutral**



**Plantar flexion**



